

Access to Health Care, Behavioral Health Risks, and Health Conditions Among Rhode Island Adults in 2007



Rhode Island Department of Health, August 2008
Center for Health Data and Analysis

Introduction

This report presents data for Rhode Island adults on indicators for health care access, health conditions, and risky health behaviors. Data are from Rhode Island's 2007 Behavioral Risk Factor Surveillance System (BRFSS).

About the BRFSS: The BRFSS is a telephone survey administered in all 50 states and 4 U.S. territories with funding and specifications from the Centers for Disease Control and Prevention (CDC). The BRFSS monitors the prevalence of health risks that contribute to the leading causes of disease and death among adults 18 years and older in the United States. Rhode Island has participated in the BRFSS since 1984.

Rhode Island's BRFSS: From January - December 2007, the Rhode Island BRFSS conducted random-digit dialed telephone interviews with 4,499 RI adults. A professional survey firm implemented the survey under contract to the Rhode Island Department of Health.

Reading statistics: This report presents bar graphs showing percentages and 95% confidence intervals (CI). Since percentages from survey data are estimates, the 95% CI indicates the range of values within which the "true" value lies 95% of the time. When two groups have 95% CI that overlap, it indicates that the "true" values are likely to be similar in both groups. If the 95% CI do not overlap, it indicates that there is a statistically significant difference between the two groups.

Highlights

- ❖ **The current smoking rate (17%) for RI adults continues to decline; it is the lowest it has been since BRFSS tracking began in 1984.**
- ❖ Three-fourths of adults eat less than the recommended 5 servings of fruits and vegetables per day, more than 1 in 5 are obese, and 5% experience serious psychological distress. 8% of adults 18-64 lack health insurance. (Fig 1)
- ❖ Men ages 18 – 64 are at higher risk than women for being uninsured (10% vs 6%). Men are also more likely not to have a regular health care provider (19% vs 11%), to eat less than 5 servings of fruits and vegetables per day (80% vs 70%), and to be binge drinkers (25% vs 12%). (Fig 2)
- ❖ Women are at higher risk than men for asthma (13% vs 6%), and more women than men (17% vs 10%) are taking medicine or receiving treatment for a mental health condition or emotional problem. (Fig 2)
- ❖ Compared with older adults, those 18 – 44 are at highest risk for being uninsured (10%), having no regular health care provider (24%), and binge drinking (28%). (Fig 3)
- ❖ 27% of adults ages 45-64 are obese compared with about 20% of adults in both older and younger age groups.(Fig 3)
- ❖ Compared with younger adults, those 65+ are at greatest risk for diabetes (17%), disability (34%) and insufficient physical activity (63%); but are at lowest risk for smoking (8%) and serious psychological distress (2%). (Fig 3)

Implications

Annual monitoring of the health of RI's adult population and of subpopulations through the BRFSS provides critical indicators and support for the development and evaluation of state health priorities, policies, and programs.

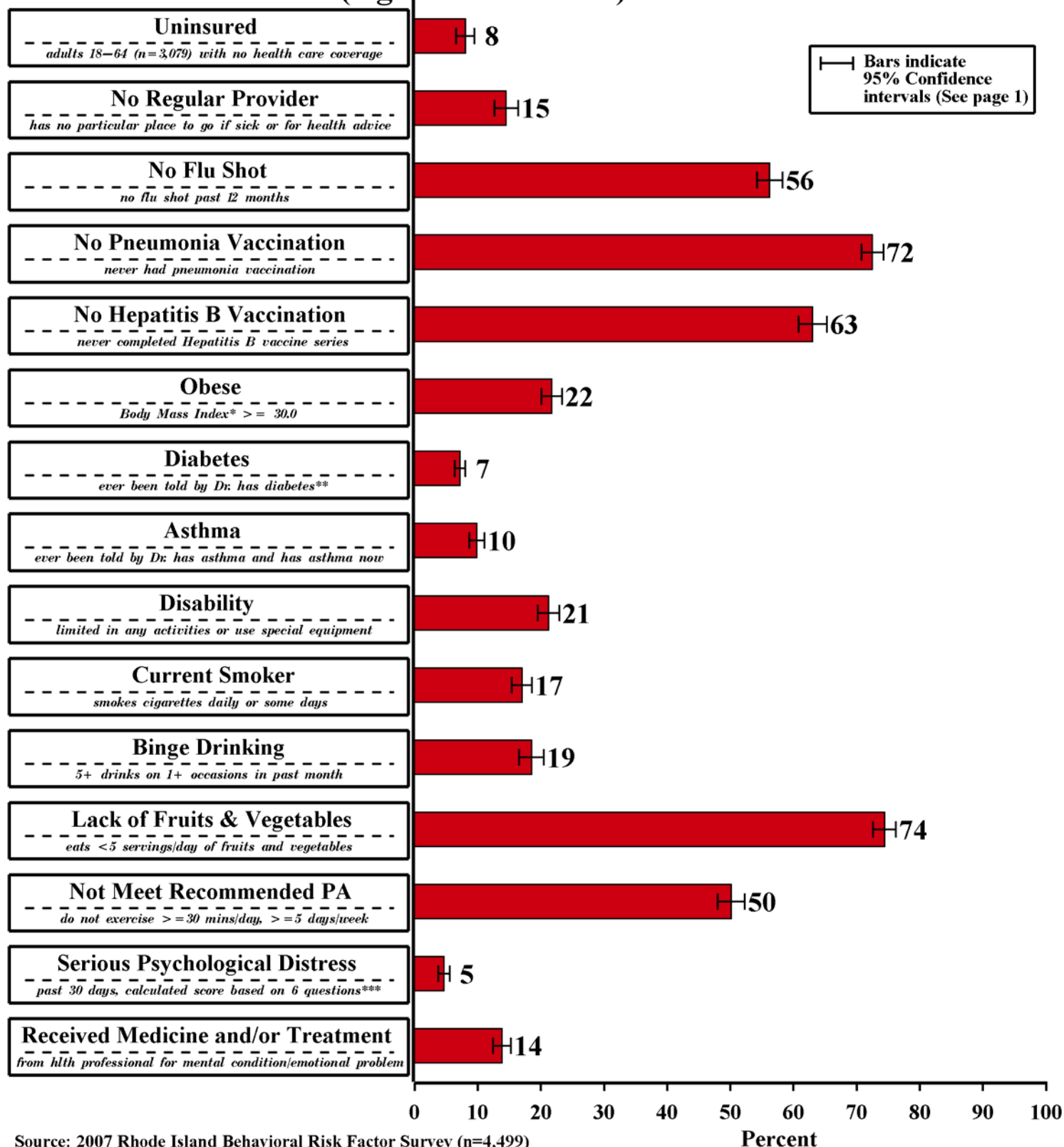
Acknowledgements: The RI BRFSS is funded in part by the CDC Chronic Disease Prevention and Health Promotion Programs Cooperative Agreement 5U58DP122791-05.

Further information: For the BRFSS go to <http://www.health.ri.gov/chic/statistics/brfss.php>, <http://www.health.ri.gov/webquery/index.html>, <http://www.cdc.gov/brfss>, or contact the Center for Health Data and Analysis, RI Department of Health (401-222-2550).

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Figure 1

Health Risks Among Rhode Island Adults (Ages 18 and older) -- 2007



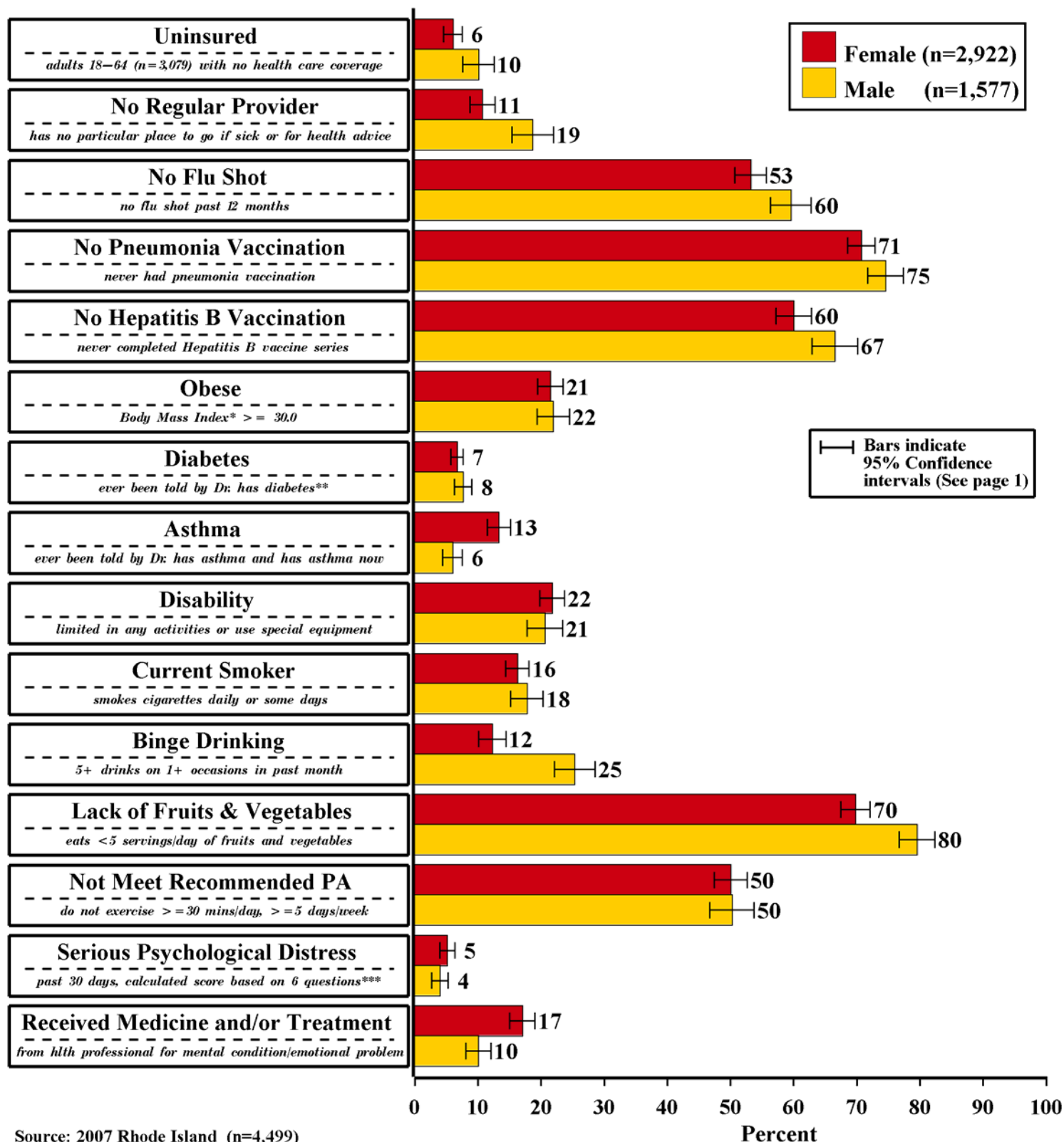
Source: 2007 Rhode Island Behavioral Risk Factor Survey (n=4,499)

* Body Mass Index = weight in kilograms / (height in meters)²

** Diabetes: Adults who have ever been told by a health professional they have diabetes, other than during pregnancy

*** Respondent with a score of >=13 is considered to have serious psychological distress (SPD).

Figure 2
Health Risks Among Rhode Island Adults
(Ages 18 and older) by sex -- 2007



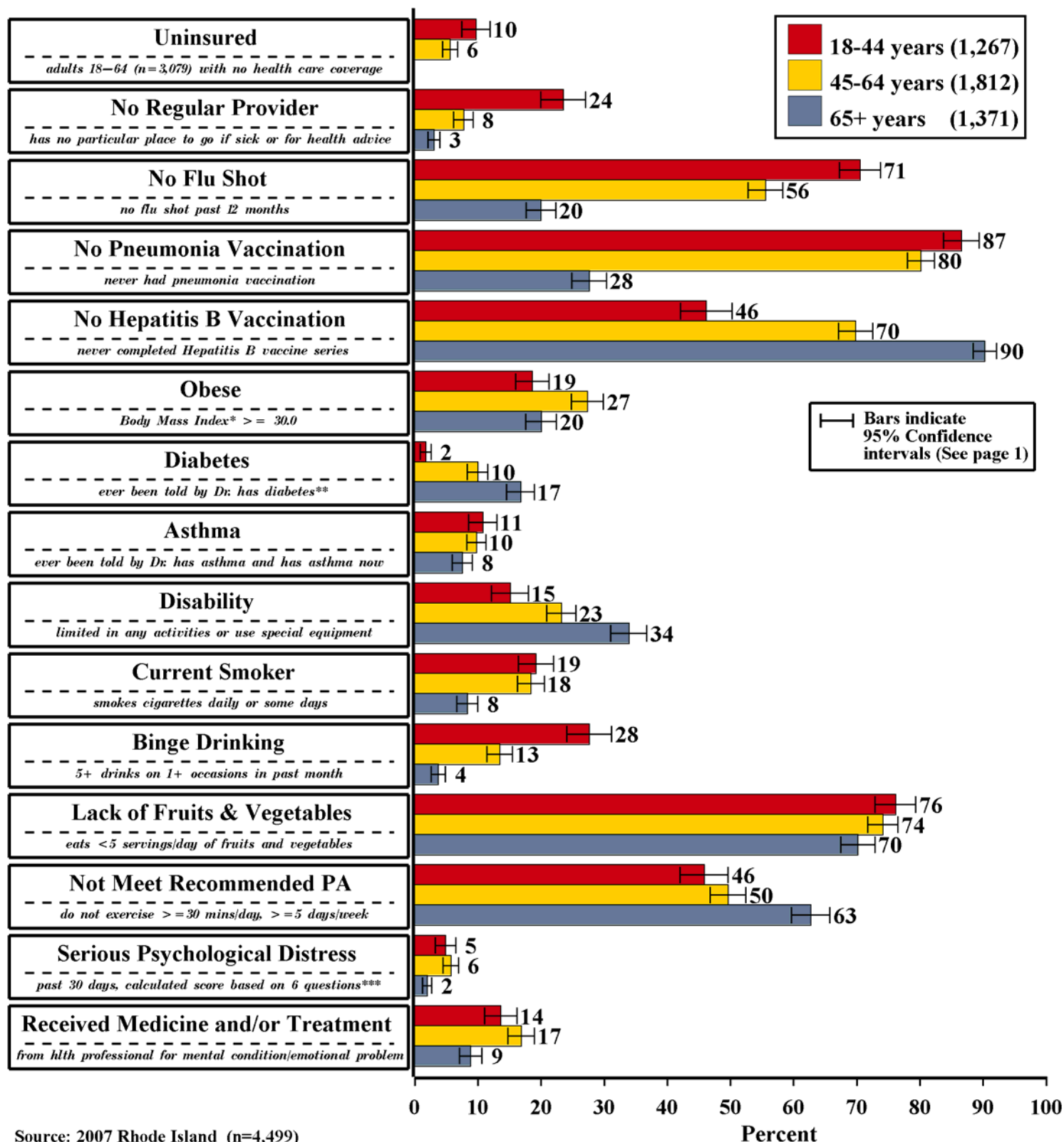
Source: 2007 Rhode Island (n=4,499)

* Body Mass Index = weight in kilograms / (height in meters)²

** Diabetes: Adults who have ever been told by a health professional they have diabetes, other than during pregnancy

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Figure 3
Health Risks Among Rhode Island Adults
 (Ages 18 and older) by age groups -- 2007



Source: 2007 Rhode Island (n=4,499)

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